

| Outline- Week 1 | Video Topic | Points to Emphasize | Handouts/Supplies |
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| <ol style="list-style-type: none"> 1. Check attendance on roster and/or registration sheets. (Have newcomers complete registration form.) 2. Distribute name badges, if used. 3. Distribute books to newcomers. 4. Divide into 2 small support groups (if needed). 10-15 per group is ideal size. 5. Support group topic – “How many cigarettes do you smoke a day? What NRT do you think you need?” 6. Show Videotape/DVD-Week 1. 7. Review: “Points to Emphasize.” 8. Distribute Handouts. 9. Collect name badges, if used. | <ul style="list-style-type: none"> • Choosing NRT • Comparing nicotine levels between cigarettes and NRT • Patch, Gum and Lozenge; advantages and disadvantages | <ol style="list-style-type: none"> 1. Remind participants to use medicine information from NRT insert 2. Review “Your 12-week plan for decreasing nicotine” handout; refer to pages 15-24 in the Cooper/Clayton book. 3. Zyban (Wellbutrin) requires a prescription. 4. STOP Cigarettes; it is dangerous to combine NRT and smoke. 5. Patches: Recommend wearing 24 hrs/day 6. Begin with a 21mg patch if the participant smoked 10 or more cigarettes/day. 7. Change patch at the beginning of each day. 8. Gum or Lozenge: Begin with 12 pieces of 4mg medicine if the participant smoked 10 or more cigarettes/day. Decrease by 1 piece each week. 9. Rinse mouth, don’t eat or drink while using product. 10. Park 1 piece between cheek & gum. Roll/bite when does not tingle any longer or completely dissolves. 11. A 1.2oz. tin of smokeless tobacco = 30 cigarettes. Only use NRT with physician, dentist, nurse practitioner or physician’s assistant orders. 12. Do not mix Rx Chantix and NRT. 13. Remember: “Do what Dr. Cooper and Dr. Clayton say and you will succeed!” | <p><u>Supplies:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Books and Registration forms (for newcomers) • Name badges • DVD & TV • DVD 16:22 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • Within 20 Minutes • Your 12 Week Plan for Decreasing Nicotine • NRT Products • Money Saved by Using NRT |